



Blue Coat Church of England Academy

Year: 8

Subject: PE

Overview

In Year 8, students continue to develop and refine the skills introduced in Year 7, progressing toward greater competence and confidence across a broad range of physical activities. The curriculum is designed to support physical, mental, and social growth, encouraging teamwork, leadership, and personal responsibility through sport and fitness.

Activities Covered

Students will participate in a variety of sports and physical activities, including:

- **Badminton**
- **Trampolining**
- **Football**
- **Fitness**
- **Netball**
- **Pickleball**
- **Athletics**
- **Cricket**
- **Rounders**
- **Basketball**
- **Dance**

Each activity focuses on:

- Expanding on Year 7 content with more advanced skills
- Introducing tactical awareness and decision-making

- Enhancing sport-specific fitness and performance

Assessment Areas

Students are assessed in three key domains:

- **Performer** – Skill execution, tactical understanding, and overall performance
- **Leader** – Leading warm-ups, supporting peers, and showing initiative
- **Official** – Applying rules, scoring, and officiating with accuracy

Fitness Focus

Each half term includes a targeted **component of fitness** embedded within the sport being taught. Examples include:

- **Cardiovascular Endurance** in Football and Netball
- **Muscular Strength** in Trampolining and Fitness
- **Flexibility** in Badminton and Dance
- **Speed and Agility** in Athletics and Basketball

This integrated approach helps students understand how fitness contributes to performance and overall well-being.

Curriculum Intent

The Year 8 PE curriculum aims to:

- Encourage lifelong engagement in physical activity and healthy living
- Develop confident, skilled, and reflective learners
- Strengthen leadership, teamwork, and communication skills
- Prepare students for the increasing demands of Year 9 and KS4 PE
- Foster enjoyment and resilience through a broad and inclusive range of activities